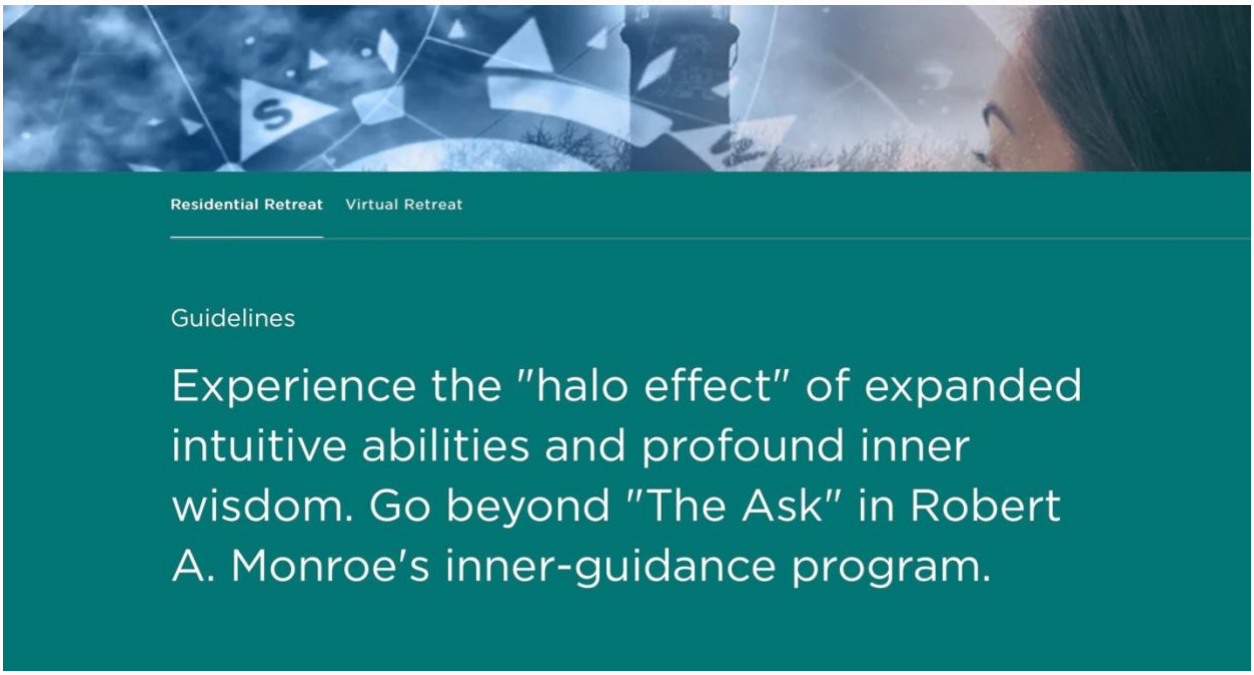
2023 Website Program Description


Residential Retreat
Virtual Retreat
Guidelines
Experience the "halo effect" of expanded intuitive abilities and profound inner wisdom. Go beyond "The Ask" in Robert A. Monroe's inner-guidance program.

Residential Program

$2,295.00

5 Days + 6 Nights

Prerequisites

Gateway Experience
Gateway Voyage
Gateway Voyage Virtual Retreat
Only one of the prerequisites above is required

A Monroe Institute classic for more than 40 years, Guidelines® is second in a series of consciousness exploration retreats designed by Robert A. Monroe. In this powerful five-day program, you'll discover how to go within, deepen your intuitive channels, and access your inner guidance

Continue exploring Focus 15 and Focus 21. Guidelines builds upon skills you gained during Gateway Voyage. It advances your exploration of Focus Level 15 ("No Time") and Focus Level 21 ("The Bridge")—that elusive state between the physical and non-physical. Focus 21 is also the state where out-of-body experiences can occur.

Receive guidance on multiple levels. During this deeply meditative journey, you'll discover how to cultivate a lasting, trusted relationship with your "inner-self helper"—and receive guidance from your higher self. You'll also learn to seek guidance from other intelligences and forms of energy!

Go beyond the ask. Seeking inner guidance goes beyond the ask. It requires you to set clear intentions and strengthen your manifestation skills. You'll have many chances to hone these skill sets during Guidelines. When you're ready, you can shift your role from receiver to sender by sharing healing energy with others.

Benefit from the halo effect. Guidelines participants report a greater sense of confidence in their ability to access inner guidance. Most experience related benefits called the "halo effect": expanded intuitive abilities, profound inner wisdom, enhanced manifestation skills, greater appreciation of self, feelings of peace and trust in life.

Use technology to enhance your experience. Special Hemi-Sync® audio guidance technology supports your consciousness journey beyond your physical body. So do phasing signals derived from our sophisticated brain mapping technology.

Get a free PREP session. As a Guidelines participant, you're eligible to receive a free, personalized Personal Resource Exploration Program (PREP) session. The session is designed to help you achieve and explore profound states of awareness. Guided by an expert trainer, it's conducted in a special chamber at our Virginia campus that helps you lose all sense of physical boundaries.

What You Get

In addition to the program materials and audio exercises,
you will receive the following benefits.

Semi-Private Rooms

Standard accommodations are double-occupancy rooms.

Free Wi-Fi

Free Wi-Fi is available for guests

Daily Meals

Our dining menu offers many healthy fresh options with a farm-to-table philosophy.

Shuttle Service

Local area, shuttle transportation is included on the first and last days of each program.

Swimming

During afternoon breaks, enjoy a dip in the swimming pool or lake (weather-permitting).

Massage

Massages are available during weeklong retreats during afternoon breaks. (additional fee)